

# Stop the Spread of Crypto

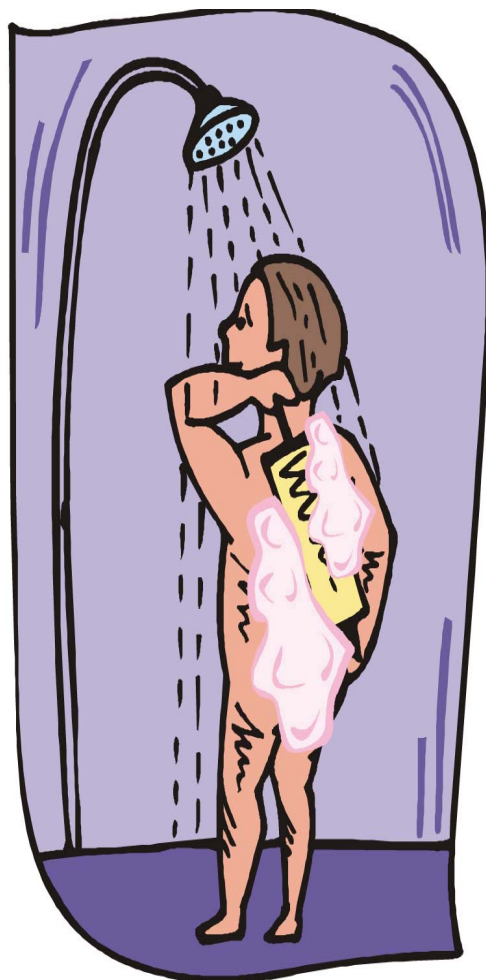
## Make It A Habit!

### Take a “Cleansing Shower” Before Swimming

#### What is a “Cleansing Shower”?

##### “Cleansing Shower”

- Soap
- Warm water
- Scrubbing
- Focusing on cleaning the area below the waist
- Rinsing off



##### Not a “Cleansing Shower”

A quick rinse  
in a swimsuit  
will do little  
to get you  
clean!

